

# Self-Trust Promises

## Small kept promises

Self-trust grows when your promises are small enough to keep and honest enough to matter.

This week I will keep this tiny promise:

## Evidence list

Evidence that I can trust myself:

# Self-Trust Promises

## **Repair without shame**

When I miss a promise, I will repair by...

## **Aftercare plan**

After a hard decision, I will support myself with...